





Sheppard detachment highlighted at Luke AFB

See Page 5



The Sheppard Senator will not have a publication Nov. 26 due to Thanksgiving. The next publication date will be Dec. 3.



Sheppard Senator



Combat Capability Starts Here

Vol. 57, No. 46

Sheppard Air Force Base, Texas

SecAF resigns

Roche leaves with legacy of quality of life improvements By Tech. Sgt. David Jahlonski active. Guard. Reserve and civilian

WASHINGTON - Secretary of the Air Force Dr. James G. Roche announced his resignation Nov. 16.

"I'm honored to have served the president, the secretary of defense and the terrific Airmen I've come to know and love in the past few years as the secretary of the Air Force," he said. "I've served with talented

Airmen who are successfully coun-tering new threats to our natior through their innovation and creativity. I'm proud to call myself an

Airman."

Secretary Roche submitted his letter of resignation voluntarily. He left private industry to serve his country and the Air Force. He leaves the Air Force now so that his resignation may free-up nominations of Air Force appeared officers that have

the Air Force now so that his resignation may free-up nominations of Air Force general officers that have been on hold in Congress.

During his tenure, Secretary Roche spearheaded many initiatives to improve the quality of life for Airmen and the capabilities of the Air Force, such as increasing opportunities for master's degree programs for enlisted Airmen. Recapitalization and modernization program improvements under his watch included the FiA-22 Raptor, weaponizing the RQ/MQ-1 Predator unmanned aerial vehicle, equipping the B-52 Stratoforress with the LITENING pod, delivering the remotely piloted Global Hawk and the Joint Direct Attack Munition.

"Dr. Roche has led the Air Force

"Dr. Roche has led the Air Force through one of the most remarkable periods in our nation's history," said Air Force Chief of Staff Gen. John P mper. "It has been my honor to serve

"It has been my honor to serve side-by-side with him since the ter-rorist attacks on Sept. 11, 2001," the general said. "During his tenure he has made each and every Airman his priority. His unrelenting resolve to adapt our force, to counter new and dapt our force, to counter new and resilient threats to our nation, has guaranteed America's Air Force emains the greatest in the world His compassion for the sacrifices made by our Airmen and their fami lies is known across the Air Force ed, the men and women of the Air Force family will remember him as a leader, friend and, most of all See ROCHE, Page 2

Army Sgt. Mica Ware of Dallas, a member of the Army National Guard, is one of Guard, is one of 51 Soldiers who will head home when the unit is demobilized Tuesday. The group was acti-vated to provide security support to 82nd Security orces Squadror

November 19, 2004

nto by Airman 1st Class

Homeward bound

National Guardsmen get ready to demobilize

By Airman 1st Class Jacque Lickteig Staff write

After more than a year and a half of active-duty service with the 82nd Security Forces Squadron here, 51 Army National Guardsmen will demobilize in a ceremony at the parade grounds Tuesday at 3:30 p.m. A group of 63 Guardsmen came to Sheppard Feb. 10, 2003, from different units across Texas and nearby states. A

units across rexas and nearby states. A second group of 49 Guardsmen came in January and February, replacing some of the original Guardsmen. Now, only 51

remain.

"These guys did a great job," Maj, Christopher Echols, 82nd SFS commander, said about the Guardsmen's contribution. "Sheppard's and the Air Force's mission would have been (impaired) if the Army National Guard hadn't stepped up to babe."

Army National Guard hadn't stepped up to help.

The ANG sent troops to every Air Force base in the continental United States to beef up the Air Force's short-handed security forces, Major Echolos said.

He said 72 Sheppard security forces members have deployed since July 2003. Currently, 27 are deployed, which shrinks the squadron's ability to perform the state of th

Making WF home Most of the Guardsmen will head back

their hometowns after the ceremony. However, one soldier from Nashville, Ark., plans to stick around Wichita Falls.

Army Sgt. Theresa Roland, an orderly room staff member at the 82nd SFS, arrived here in January 2003, and she moved her two daughters, Victoria and Marti, and a 6th-grade son, Dillain, here in She said she doesn't want to uproot her

She said she doesn't want to uproot her high-school junior, Victoria, and her high-school sophomore, Marti, before they graduate Burkburnet High School.

She also said the area's small-town feel has made her feel at home.

Sergeant Roland said she plans to finish her registered nurse degree at either Vernon Community College or Mikuwstern State University Before she

ner registeren nurse degree at either Vernon Community Collège or Midwestern State University, Before she joined the Texas Army National Guard unit in Texarkana, Texas, the 372ad Forward Support Battalion Charlie Company, as a medic about three years ago, she was a licensed vocational nurse. She said she joined to help support her country and to pursue a career as a regis-tered nurse.

tered nurse.
"I wanted to feel like I could make a

fference," she said. After finishing Army infantry training.

the single mom went back to her home-town and got a nursing job at the local hos-See GUARD, Page 2

On the Inside

Operation Safe Holiday

Our potential for off-duty mishaps will greatly increase during this upcoming holiday season and technical training exodus.

Last year, Air Education

and Training Command lost two individuals between Thanksgiving and the begin-ning of the New Year in fourwheel motor vehicle mishaps. During this same time period, the Air Force as a whole lost eight individuals in motor vehicle mishaps.

All of these deaths were

For full story, see Page 7.

Thanksgiving message

We enjoy peace and pros-perity like no other nation. The rest of the world admires our way of life because America's values are bedrock.

For full story,

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By Carolyn Knothe t, just the gas mask." Although members of securi-

Air Force Secretary Dr. James G. Roche submitted his resignation Nov. 16. Secretary Roche said he plans on leaving his position Jan. 20 or sooner if his successor is confirmed by the Senate by then. He has led the Air Force since 2001.

Team Sheppard members who have taken M-16 qualify-ing courses in the past six months may have noticed a small difference in their required gear – a gas mask.

Tech. Sgt. Timothy Berry, the noncommissioned officerin-charge of combat arms training and maintenance here, said the change is a new Air Force-wide requirement.

requ AFMAN 36-2227, rewritten

in May of 2004, changed the course, requiring Air Force per-sonnel to receive weapons training while wearing a gas mask," he said. "They don't have to wear the full (chemical) warfare

ty forces have had to train with gas masks for several years, the requirement now extends to hose moving overseas or those who are slated for a mobility

Sergeant Berry said the requirements put Air Force members in a training situation that could become reality in a deployment.
"You should train with the

equipment you're going to use in a wartime situation," he said.

Sergeant Berry said about 300 to 400 Sheppard personnel have trained with the gas masks since May, and although differences have been noted, no one has failed to qualify under the

Masking the issue: New AF requirement has members qualify on M-16 in gas masks before deployment M-16 in gas masks before deployment



new requirement.

mask," he said. "Some people shoot better with the mask than without the "Visibility is kind of restricted," he added, noting that it was

Sheppard Officer's Spouses Club

itary related, 50 percent are from the local area, and 40 percent come from out of town," Richardson said. Another attraction for some visitors to

sometimes difficult to find a See MASK, Page 2

Yuletide begins at 18th Annual Hangar Holiday By 2nd Lt. Ian Phillips

82nd Training Wing Public Ap

Instead of the smell of fuel and the roar of jet engines, a hangar on base had the smell of funnel cake and the loud chatter of holiday shoppers at Saturday's Hangar Holiday. Guests perused antiques and hand made crafts at the 183 vendor's booths and shopped for Christmas gifts while others snacked on barbecue pork and corn on the cold.

others snacked on baroccue pure amore corn on the cob.

Vendors filled their booths with Wendors filled their booths with commenade candles, toys, woodcarvings, food, clothing and many other trinkets ready to be given as gifts for the holi-

days.
Sharon Richardson, chairwoman of the Sheppard Officer's Spouses Club's

18th annual Hangar Holiday, said the proceeds from vendor's fees are used to benefit Sheppard personnel and family

members.
"The main reason we host it is to raise
money for our Airmen," she said.
Vendors pay \$90 for a booth and the
money goes towards scholarships provided by the Spouses Club. The money
vendors make from selling their crafts is
their own but he entry fee ground to be their own, but the entry fees proved to be a good fundraiser.

Members of the spouses club worked hard to organize and run the event, Mrs. Richardson said. Their hard work raised \$15,000 from the vendor's booth fees

The vendors come from a variety of areas to sell their goods, she said. "About 10 percent of vendors are mil-



Hangar Holiday. Proceeds from the event go toward scholarships for Team Sheppard memb ers and their family

the event was the jolly old elf himself -

See HOLIDAY, Page 4

288 military members earn CCAF degrees at ceremony today

Courtesy of the Education Center

The Community College of the Air Force (CCAF) awarded 301 Associate of Applied Science degrees to 288 Shennard military members during commencement exercise on November 19, 2004 in the hace theatre

are Senior Master Sgts. Mark A. Hagen and Wesley L. Hardin.

Receiving associates degrees are Master Sets. Randy E. Anderson, Gina M. Averette, Richard L. Bednar Jr., Mark R. Bice, Lisa R. Craven, Albert J. Dawson Jr., Timothy M. Deshotel, Kevin B. Hayden, Rodger D. Johnson, Milton B. Keeter Jr., Brent W. McCasland, John Maldonado, Carlos M.

Morales, Michael K. Morris, Evans Jr., Thomas Fragoso, Michael A. Murphy, Michael E. Nowlin, Frank A. Peszynski, Robert Rico, Nathan E. Shipp, Loyed D. Stanley, Jairus D. Steel (receiving two degrees), Phillip E. Thompson, Harold C. Whisler, Michael M. Wiese, Randy A. Wilson and Joseph R.

Receiving associates degrees Receiving associates degrees are Tech. Sgts. Karl G. Abts, Jose A. Aguirre, Craig A. (receiving two degrees). Richard L. Bednar Jr., Kenneth R. Boteler, Alden J. Bourgeois Jr. Gary D. Bowers, Jon W. Boyce, Mark A. Bronson, Michael L. Carter, Debra M. Casey, Robert P. Chancelor, John W. Conner Jr., Demetris D. Cook, Kevin J. Cooper, Scott A. Cropper, Joe A. Derr, Robert P. Patterson, Richard J. Pavne.

Robbie S. Gowens, Paul H. Gussenhofen, Robert S. Haas II. Jeremy E. Hannigan, Eric W. Harrington, Darrell D. Hauch, Monica M. Herring, Angela L. Hillard-Sellers. Jerry M. Douglas G. Hornbuckle. Householder, Robert B. Jenkins Jr. (receiving two degrees). Jeff L. Johnson, Arthur L. Jones Jr., David P. Justice, Michael R. Kelly, Keith K. Klose, Kenneth Ammons, Dewey W. Back L. Knickerbocker (receiving two degrees), Jeffrey L. Lease, Kent D. Lindsay, Gregory E. Lovings, Paul J. Lucarelli, Ginger Y. McCracken, Paul R. McCracken (receiving two degrees). Walker T. McHorse. Joseph W. Monthie, Christopher E. Nyhagen, Duane A. Page, Robert T. Parks, Jay N. Albert Peinado, Lorinda J., Amos Michael G. Anderson Jr., Daniels, Andrew G. Davis Pirrie, Jeffery E. Pittman, Dawn H. Renshaw, Jabbar A. Rucker, Alex V. Ruiz Jr., Adam A. Schrader, Clint D. Simmons, Yvonne K. Sion-Milligan. David L. Smith Jr., Gregg Spillman, James H. Stallings III. Eric D. Standifer, Sandra L. Taylor, Daniel M. Theis, Brian R. Thompsen, Virgil D. Tims, Scott A. Todd (receiving two degrees), Kevin C. Travier, Brian M. Vannattan, Rogelio C. Velasquez, Eric T. Ventura (receiving two degrees). Brian Whitt William D. Williamsen Jr. (receiving two degrees). Nathaniel Williams. Christopher Wolford and Joseph M. Yeary.

Receiving associates degrees are Staff Sgts. John C. Acquart. John R. Adams, Cassandra Tasha M. Cox, Dontrel A.

Anthony J. Archer. Christie L. Barnett. Matthew Beauregard, Kirk G. Benda, Jason L. Benford, Howard D. Bensinger, Donald Boice. Ruben J. Bonales, Michael J. Bonham, Sarah B. Booth, Michael A. Brown, Richard R. Brady, Michael J. Brancato, Marvin J. Briggs, Christopher S. Brooks, Robert E. Brooks, Tracev R. Brown, Chad W. Buchwalter, Terry N. Bullock Jr., Allyson M. Byler, Michael D. Camacho, Cherie C. Caughern, Geoffrey C. Chang, Ronald A. Chapman, Daniel Chavez, Jerome A. Clevenger, Larry W. Clyburn Jr., Samuel A. Cole (receiving two degrees), Glen A. Coppin, Matthew M. Cox (receiving two degrees). Matthew B. Davison, Albert R. DeLaosa, Leo P. DeLossantos, Jonathan L. Dempsey, Theodore J. Dreher III. David E. Edwards. Mark R. Eral, Lourn B. Evans Ir Christie M Evans Robert F Fales, Troy G. Floyd, Thomas J. Frishy, Calvin B. Frost, Timy J. Galayez, William J. Gamble Jr., David A. Garrett, Jamison E. Garrett, Robert J. Garrett, J.B. Garvin III, Jon V. George, Stefan B. Gomez. Christine M. Gomien, Nakia V. Graham, Ionathan R Green Fric D Greenwalt Troy D. Greenwood. Eric D. Griffin, Aaron J. Grossman, Nicholas B. Haight, Jamie S. Hanson (receiving two degrees), Samuel Harmon, Steven L. Hausworth, Randall S. Heininger, Patrick B. Henry,

See CCAF, Page 4

Continued from Page 1

Among other accomplishments. Secretary Roche instituted an agenda for change to improve the staff and cadet culture at the U.S. Air Force Academy following reports of sexual assault. His air and space expeditionary force concept improvements linked professional military education to AEF rotation dates, reorganized deployable unit type codes and delivered base opening capability packages.

Secretary Roche's concept of executive positions operations rationale transitioned the Air Force from a platformbased to a canabilities-based focus. His quality-of-life initiatives for Airmen reduced out-ofpocket housing expenses, yielded targeted pay raises, and resulted in large-scale base housing renovations and the one-plus-one dormitory con-

Before his appointment. Secretary Roche held several Northrop Grumman Corp., including corporate vice president and president, electronic sensors and systems sector. Before joining Northrop Grumman in 1984, he was democratic staff director of the U.S. Senate Armed Services Committee.

Secretary Roche's previous military service spanned 23 vears in the U.S. Navy where he retired as a captain in 1983.

Continued from Page 1

pital. She heard news of her activation the day after she landed the job. Within a month of hearing the news,

Sergeant Roland boarded the bus, unsure of where she and her unit were headed. They didn't find out they were coming here until they were already loaded onto the vehicle that brought them to Sheppard's gates, she said.

Although she was disappointed she didn't get to dig into a medical career here at Sheppard, the blonde-haired, hazel-eyed sergeant said her security forces career at Sheppard has been a great experience, and her positive attitude resonates through her smile. "We signed up to do what the country needed us to do," she said. "We signed up to do whatever it takes '

She has about three more years left in the Guard, after which she's considering crossing into the blue because of her experience here. "I've enjoyed it," she said. "I feel more Air Force than I do Army, and the Air Force is a different way of life.

The ceremony will be held at the community activity center in case of inclement

You missed a spot



Col. Denise Ridgway. 782nd Training Group commander, points out a spot that Col. Samuel Lofton III. 82nd TRG commander, missed while washing the 782nd TRG staff car. Colonel Lofton was paving off a wager from the wing student flag football championship where the 365th Training Squadron defeated the 362nd TRS. The colonels agreed that the losing group commander would wash the winning group commander's staff car in front of the winning team's dormitory.

comfortable and stable position for the stock of the M-16 when held against the face.

Individuals are responsible for inspecting their own gas masks, and Sergeant Berry suggested those who need to qualify on the M-16

to take the opportunity to do the inspection at the same time as they take the course.

For more information, call the combat arms training and maintenance facility at 6-







hoto by Mike Litteke

Veterans Day was celebrated by young and old alike including students at Sheppard Elementary. The students, left, marched around the school Nov. 11 and a choir performed various patriotic songs. Above, local bikers turned out to pay tribute to the men and women who defended the freedoms our country enjoys. Below, the Sheppard Drum and Bugle Corps performs during the Veterans Day Parade Saturday in downtown Wilchila Falls. The corps played the different service songs in honor or each military service.

In honor of you



Trainng Wing Commander Brig. Gen. James Whitmore and his wife, Julia, make their way to the reviewing stand during Saturday's Veterans Parade in down-Wichita town Falls. The general and other base leadership officers watched as different organi-

zations paid tribute to veterans.

Photo by Mike Litteken



Photo by Mike Littek

Don't forget!!
There will not
be an issue of
the Sheppard
Senator next
week.

HOLIDAY

Continued from Page 1

With an expected crowd of 10,000, Santa had plenty of excited children waiting in line to sit on his lap and tell him what they wanted for Christmas. Santa arrived and sat next to a beautifully lit Christmas tree, listening to children dream about their Christmas presents and handing out candy canes.

An added bonus of having

an event like this on base is it gives Airmen in technical training here a chance to relax and shop on the weekend. Airman Eleanor

Valenzuela, a student in the 363rd Training Squadron, shopped for gifts for her fami-

"I am in Phase I and can't leave the base yet," she said. "It is a great way for me to get gifts for my family. I wish they would do more stuff like this for students here."

She purchased crafts like a started with a flourish of cheer.

marshmallow gun and a hand made parking sign for her fam-

Many students followed in her footsteps and spent the day shopping and eating, things they have to do here on base when they are not allowed to

As Santa rode away on his sleigh and Hangar Holiday ended, the early start to the holiday season in Wichita Falls

Briefly

Flu vaccines limited at MDG

While we at the 82nd Medical Group are committed to the health of each patient, we ask patients who are 65 years old or older with a primary care provider downtown to seek the flu vaccine with their provider.

The supply of flue vaccine heare at Sheppard will be very limited. We appreciate your understanding.

Change of command planned for 80th OSS

Lt. Col. David Reth will take command of the 80th Operation Support Squadron Monday during a ceremony in Bldg. 2414 at 10 a.m.

Lt. Col. Danny Frisby-Griffin is headed for Colorado and a position in the Air Force Space Command at NORAD.

Blue Route not running Nov. 26

The Red Route Shuttle Bus will be the only shuttle bus operating on Family Day Nov. 26. Normal time schedule will be observed.

Taxi service will be available for individuals who may be affected by the cancellation of

the Blue Route Shuttle Bus. Contact 6-6813 to request taxi

TMO minimally manned during Thanksgiving

All offices in the traffic manmement flight in Bldg. 402, student TMF in Bldg. 551, N & N Travel and Cargo Movement will be minimally manned from 1 to 4 p.m. Nov. 23 for a squadron Thanksgiving celebration

Please call 6-2181 for any questions regarding these offices.

Commissary Thanksgiving store hours

The commissary hours for the week of Thanksgiving are as follows:

Nov. 21, 11 a.m. to 6 p.m.; Nov. 22, 7 a.m. to 8 p.m.; Nov. 23, 7 a.m. to 8 p.m.; Nov. 24, 7 a.m. to 8 p.m.; Nov. 25, closed; Nov. 26, 7 a.m. to 8 p.m.; Nov. 27, 8 a.m. to 6 p.m.

Express shopping (15 items or less) is available from 7 to 9 a.m.

a.m. For more information, call 6-2901, ext. 0.

ID card renewal times available

Starting Dec. 6, military personnel flight customers will be able to call customer service and make an appointment to get ID cards. Please try to schedule an appointment if you need to get ID cards or any other DEERS actions.

Call extension 6-4837 or 6-8349 if you are on base and 676-4837 or 676-8349 if you are off base.

Go Around the World with the 80th FTW

Personnel of the 89th Flying Training Squadron will host the 80th Flying Training Wing's "Around the World" party Nov. 19 at the officers club.

The event will give Team Sheppard members an opportunity to taste exquisite selections of regional foods and beverages from the 13 NATO countries that participate in the Euro-NATO Joint Jet Pilot Training program. Tickets for the party are S8 each. To purchase tickets, call 6-5023.

Sheppard Bank ready for Turkey Bowl

The 4th Annual Turkey Bowl will be held in the Sheppard Main BX Nov. 19-20 from 11 a.m. to 1 p.m. and 5 to 7 p.m. both days.

Come join us for a great time and we will have lots of prizes. We are also having a kids coloring contest. If you have never seen Turkey Bowling, come see what it's all about. Sheppard Main Bank will have their Turkey Bowl Nov. 22-24 in the main lobby.

Actors, others needed for ENJJPT Players

The 80th Flying Training Wing's ENJJPT Players is in need of actors, stage hands and much more for their upcoming season.

Those interested can call Lt. Col. Eric Bogaards at 6-4247 or

CCAF

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Shane R. Hiett, Adrian S. Hitz, John P. Horton, Dennis A. Hosley Jr., Aric R. Jack, John L. Jacob, Mary Beth Johnson, Stephen R. Johnson, Bradley T. Jones, Derrick L. Jones, James A. Kent, David A. Key, Bryan M. Kidd, Jonathan L. Koonce, Daniel Kriz, Jason M. Krutowskis, Erik W. Kuhlmann, Andrew N. Kuznicki, Eric P. Labat, Robert A. Lacy, Michelle Y. Lafferty, Timothy M. Lander, Nicholas M. Lapp, Dane J. Leach, Jinnie L. Lettkeman, Todd M. Luikart, Katina N. Major, Torrey L. Malousek, Todd A. Mangel, Nicholas F. McCoy, Andrea L. McCreary, Sue E. McDougal, John T. McGee, Jason B. Mercer, Steven J. Miller, Larry H. Morgan Jr. (receiving two degrees), Mario T. Munguia Jr., Ronald A. Nason, Michael A. Nielson, Patrick J. O'Connor III, Kevin C. Oliver, David C. Parmer, John R. Peterson, Julie A. Pritchard, Jason D.Raines, Ronald Rall Jr., Hassan H. Rangel, Robert D. Rawlings, Jerry A. Ray, Jimmy D. Rich II, Jack M. Rick III, Paula C. Ridgel, Bobby Ridgeway Jr., Raymond L. Riley Jr., Dexter D. Robinson, Joshua L. Robinson, Robert C. Rogers, Aaron T. Romine, Ronald S. Roper, Michael T. Ruppert, Thomas J. Sanchez, Steven W. Sayles. Tommie J. Schexnayder, Jason

S. Schmitz, Michael J. Sextro, Joseph D. Shelton, Lavar M. Sheppard, Jason C. Smallwood, William E. Smith III. Trojan L. Smith, Brent R. Sonnier. Richard A.Stear, Daniel L. Stockman, Eric J. Stuhan, Eric M. Suggs, Kevin P. Taylor, Cody B. Terry, John W. Thomas, Michael A. Tinkham, NathanW. Todd. Michael J. Topping. Scott K. Turner (receiving two degrees), Luis E. Vega, Margarethe L. Via, William T. Wagers, Heath D. Waikel, Darren J. Walters, David Wasacz, William M. Weir, Christopher T. Wert, Brandon D. Wester, Brian R. Westington, Paul Weyandt, Michael S. Wheeler, James L. White, Myra K. White (receiving two degrees), Rvan N. Wiktor, Douglas E. Wilcox, Joev M. Williams, Kimberly A. Wilson and Geisha S. Young.

Receiving associates degrees are Senior Airmen Jeffrey D. Adling, Deanna M. Camacho, Nicole E. Cress, Natasha M. Jones, Jody M. Lewis, David J. Morgan, Timothy A. Sikardi and Denise L. Taylor.

Receiving an associate degree is Airman First Class Andrea Shiverdecker.

Receiving an associate degree is Petty Officer First Class George M. Clary.

372nd TRS det gets new \$3.96 million classroom

Future of training at Langley looks bright

By Matthew Weir 1st Fighter Wing Public Affairs

The construction of the 372nd Training Squadron's Field Training Detachment facility here was completed in July at a cost of \$3.96 million dollars, but its cost benefits are immeasurable because it allows maintainers to practice their skills without removing combat ready aircraft from the Langley flight line.

Called "the future of training," by Detachment Chief Master Sgt. Tony Parrill, the Boeing equipped facility has six classrooms, a seat and

The Personal Maintenance Aid is a portable touch-sensitive monitor maintainers use to trouble-shoot the F/A-22 aircraft.

canopy trainer and a hangar for the F/A-22. Set. Parrill was part of the project since its inception.

"The only thing we don't have is an F/A-22," said Sergeant Parrill, but the detachment is scheduled to receive one of the first Langley Raptors as a maintenance trainer later this month.

Each classroom is equipped with an instructor's console, eight student computer stations and a Personal Maintenance Aid, a portable touch-sensitive monitor maintainers use to trouble-shoot the F/A-22 aircraft

"I would have killed for this stuff when I was learning and teaching," said Sergeant Parrill, "We are teaching students with computers ... the same way they are learning today in schools and the way they will continue to learn as adults."

The computerized classrooms give Parrill and the F/A-22 instructors the ability to highlight anything on a computer screen before students ever touch the aircraft. This process saves the Air Force time and money because the instructor does not have to locate the specified panel and part while the aircraft is on the flight line. Students will see detailed instructions and 3-D graphics that highlight the parts they are supposed to work on before they even leave the classroom, according to Sergeant Parrill

Acclimating students to the aircraft while keeping a watchful eve on their progress, without putting undue pressure on the students, is another interesting facet of the computerized classroom.

Through his touch-sensitive screen at the head of the class, F/A-22 maintenance instructor Tech. Sgt. Jeffrey Zimmerman can see what his students are working on to monitor their progress.

"I can check up on anyone without making them feel nervous with me standing over their shoulder," said Sergeant Zimmerman. He taught F-15 maintenance for two years without the use of any technology, "It is good to bring training into the 21st century."

This sharing capability allows Sergeant Zimmerman to broadcast an individual's work on the overhead projector. This helps students learn from the instructor and share their knowledge at the same time.

Sharing knowledge is fine for the study environment, but when it comes to exam time the new classrooms come with an anti-cheating computer program, according to Sergeant Parrill.



One of the highlights of the new FTD facility is can get hands-on training without taking one the seat and canopy trainer, which saves the Air Force time and money because students line.

"The program makes it hard to cheat," he said. "The exam questions won't be in the same order, and even the questions that cover the same topic will be worded differently so that one student's answer A will be another student's answer C."

All aspects of the training detachment are designed to allow students to get the most current information in the fastest amount of time. This is possibly the most important factor because the F/A-22 is evolving rapidly as the aircraft and its sub-systems grow, according to Bob McAllister, site manager of the Boeing team that maintains the classrooms.

"I'm a retired fighter pilot," he said, "and I understand that you generate flying hours through your maintenance program. Because of the amount of technology in the F/A-22, our training program has to be constantly updated to maintain concurrency with the iet. The people who fix these airplanes deserve the best we can give them."

of Langley's combat ready aircraft off the flight



The lab is also large enough to house jet engines for maintenance training.

Sheppard Senator Sheppard Digest Nov. 19, 2004 6

Sheppard Spotlight

15 lines of fame

1. Name: Crystal Randolph 2 Rank: Airman first class 3. Organization and position: "Man on Fire" 882nd Training Support Squadron medical logistics

technician 4. Most rewarding aspect of your job: Receiving Airman of the Quarter at both squadron and group levels.

5. Why did you join the Air Force? I felt it would not only give me an opportunity to travel, but to gain work experience. network and continue my education in public health.

6. Favorite Air Force assignment: Lackland Air Force Base Texas

7 Date arrived Shennard: Jan. 23

8. Hometown: Gainesville. 9. Married or single

(include your family if you'd like): Single 10. Favorite thing(s) to

do in your free time: Travel and shop. 11. Funniest childhood memory: My mother and I went to a birthday

party and I opened all

of the girl's gifts. What can I say? I was 5 and I thought it was my birthday!

12. Favorite book or movie: 13 Dream vacation: Sandals

Ismaica

14. If you could be anyone for one day, who would you be? Usher's wife

> 15. Other than your family. what is your most prized nossession? Living.



Friday Night Lights (PG-13) TONIGHT: 6:30 P.M.

SATURDAY: 7 PM

Starring: Billy Bob Thornton. Derek Luke. Based on a book about high-school football by H.G.



TONIGHT: 9 P.M. cab driver is asked to partner with police officer Washburn, the worst driver on the NYPD.

Shark Tale (PG)

SUNDAY: 2 P.M. Animated. The sea underworld is shaken up when the son of the shark mob boss is found dead and a young fish named Oscar is found at the scene.



SHEPPARD EVENTS

Solid Rock Cafe

Tuesday Wednesday and

Protestant services Sunday

10:30 a.m. Community

10:30 a.m. Inspirational

Gospel Worship (south chanel)

Communion Worship (Solid

Protestant Parish

Protestant Men of the

Ministries

Chapel: Saturday, 6:30 a.m.

Worship (Bldg, 1900)

10:30 a.m.

Rock Café)

(south chapel)

Thursday: 11:30 a.m. (south

Daily Mass

chanel)

Student ministry

Solid Rock Cafe (Bldg, 450) Monday through Thursday. 7:30 a.m. to 9:30 p.m. Friday,

7:30 a.m. to 11:30 n.m. Saturday, 1 to 11:30 p.m. Sunday, 1 to 9:30 p.m. Sunday Protestant Bible

study. 4 n.m. Contemporary Praise

Worship Service, 5 p.m. Holy Communion Worship.

10:30 a.m. Praise and Praver.

Wednesday, 8 p.m. Students Awaiting Training classes. Tuesday and Thursday.

8:15 to 10 a.m. Chapel Ropes Meeting. Tuesday, 11 a.m. and 4 p.m. Parents and Tots. Monday.

Sundays at the south chapel.

Mass: 9 a.m. and 5 p.m. at

the south chapel; noon at the

Sunday

Weekday Bible studies: Tuesday, 6 p.m. and Thursday, 1:30 to 3:30 p.m. and noon. (south chanel) Wednesday, 10 to 11 a.m.

Protestant religious Chapel schedule education

Adult religious education, 9 Catholic services a.m. (Bldg, 962) Confessions are at 4 p.m.

Tuesday Bible study, 6 p.m. (south chanel)

Thursday, noon Bible Study: lunch provided (south chapel). PWOC

Thursday Bible study, 6 p.m.

Tuesday Bible study, 6 a.m. For more information about other religious activities, call the base chapel at 6-4370.

Ecumenical Thanksgiving Service

The base chapel will offer a Ecumenical. Thanksgiving Service and a free pie social Nov. 23 at 7 p.m. at the Solid Rock Café. Call for more information at 6-4370.



Movie line: 676-4427

SUNDAY: 4:30 P.M. Bissinger.





SATURDAY: 2 P.M.



COMMANDER'S CORNER

We're not finished yet, By Tech. Sgt. Christopher Calhoun 362nd Training Squadron We at Sheppard have been through quite a lot this last year, so let me take a minute to recapt the students are watching

this last year, so let me take a minute to recap the major events that have taken place. In the past year, the base has been through a TSEV Inspection, ESOHCAMP Inspection, and an ORI. And for each inspection, we received an overall "Excellent" ratings throughout. In addition to that, the holidays are approaching fast; with no major events scheduled for the rest of the year, now feels like the perfect time to sit back and relax. Right? After all, we've earned it!

everyday:

By whom, you ask? By the students who
make up the majority of the population of this
base; by the men and women we work with everyday; and, hopefully, through it all, we are scrutinizing ourselves.

We have chosen to be members of the profession of arms and as such, have made a conscious
decision to follow the standard of behavior set
before us and represented by our core values of

Integrity First, Service Before Self, and Excellence in All We Do.

With these standards in place, we do not have the luxury of looking back at our past accomplishments and thinking to ourselves, "We can stop now and take a break. We've earned it." While it is true that we have achieved a great deal while it is true that we have achieved a great dear of success this past year, and do deserve a minute to smile and pat each other on the back, we cannot just sit still and hope to achieve these same results

again.

As I said before, we are still being evaluated everyday, and what message would we send to our evaluators if, because of our past successes, we just decided to take a break for a while from our

military obligations? How would our students interpret this with regards to the core values we instill in them everyday? How would our coworkers feel if we decided to take it easy for a

while, as they continued to work hard? And, ultimately, how would we be able to call ourselves proud members of the United States Air force, knowing that we had decided to take a break from the standards that got us to where we

are now?

We are the United States Air Force and we we are the Omicu States Air Force and we have chosen to live by the core values of Integrity First, Service Before Self, and Excellence in All We Do. These core values do not take a break, and neither should we.

Happy Thanksgiving! Have a safe holiday!

CSAF. SEĆAF take time to ...

Thank our Airmen

By Gen. John Jumper Air Force Chief of Staff and Dr. James Roche Secretary of the Air Force

Sacretary of the Air Force

Sacretary of the Air Force

Sacretary of the Air Force

Gardiner with family and friends to count their blessings. At the
first Thanksgiving festivals in the Virginia and Massachusetts
Colonies the original settlers made praise and prayer for a bountiful
harvest and hope for a promising future the centerpiece of their celebrations.

This Thanksgiving, we are reminded of the blessings we have as
Americans because our nation still holds the promise of bountiful
lands and the right of freedom. We enjoy peace and prosperity like
no other nation. The rest of the world admires our way of life
because America's values are bedrock.

For Airmen, we count an extra blessing around the Thanksgiving
table this year, the privilege of serving in the greatest air and space

For Airmen, we count an extra blessing around the Thanksgiving table this year, the privilege of serving in the greatest air and space force in the world. By your professionalism, dedication and willingness to answer our country's call at a time of war, you stand as the shining example of strength, courage, and patriotism for us all, Indeed, as Americans give thanks for their many blessings this Thanksgiving Day, they'll offer their gratitude to you for safeguarding our organ pation.

Intality of the control of the contr

Clever captions

Compete to see your funny caption for photo No. 16 in next week's Sheppard Senator.

Here's how
1. Write an imaginative, humorous, tasteful caption for photo No. 13. Submit

 Submit a maximum of two entries to sheppardsenator@sheppard.af.mil or call 6-7246 by Tuesday at Please include the photo number, your name and phone

The winning caption will be printed in the Sheppard

All entries are judged by the Senator staff. Good luck!

to. 15's winning entry: "Loading the shoe collection of Lt. Co risby-Griffin's wife." by Airman 1st Class Vincent Maharv Ann

Runner up: "Two cases of corn, two cases of green beans, 550 pounds of potatoes..." by Dave Nyberg, AAFES

Operation Safe Holiday By Gen. Don Cook

Air Education and Training Command commander

Our potential for off-duty mishaps will greatly increase

during this upcoming holiday season and technical training

season and technical training exodus.

Last year, Air Education and Training Command lost two individuals between Thanksgiving and the beginning of the New Year in four-wheel motor vehicle mishaps. During this same time period, the Air Force as a whole lost eight individuals in motor vehicle mishaps. mishaps.
All of these deaths were pre-

All of these deaths were pre-ventable. If more precautionary actions had been taken, these colleagues might still be with us today.

What can we do to prevent like mishaps?

First we must always

First, we must always remember to buckle our seatbelts whenever entering a motor vehicle. Second, we should never get behind the wheel after drinking nor ride as a passenger with a driver who has been drinking. Finally, we must remember that speed and fatigue continue to be major factors in many of our mishans

many of our mishaps.
We must always use personal
risk management techniques in
all our activities. Before
embarking on this year's holiday travels, please take the time
to do such things as checking
the weather conditions and calling ahead for road conditions.
These simple, but all-to-often

These simple, but all-to-often forgotten steps, can make the

forgotten steps, can make the difference in preventing motor vehicle mishaps.

Lastly, while safely enjoying the upcoming holidays, remember that many of our AETC Airmen are deployed to protect our freedoms – keep them in your thoughts and prayers.

Lavish each and every one of

I wish each and every one of you a safe and joyous holiday

SECAF: I leave with a heavy heart

Secretary of the Air Force

Nearly four years ago, President George W. Bush asked me to serve as the Secretary of the Air Force, a great honor which I humbly accepted.

My intention has been from the begin

My intention has been from the begin-ning, to serve for one term and then return to private life. That is why I have asked President Bush to accept my resignation as your Secretary, effective Jan. 20. Although Diane and I look forward to the next phase of our lives, it is with a heavy heart that I leave the Air Force I have come to respect and love. I could not have led a team. Together, we have achieved great successes at an epic time in the histo-

of our country. During this time, I have had the pleasure of working with Airmen who personal to During this time, I have had the pleasure of working with Airmen who personify all that is good about America. And, America's Airmen have had the absolute best uniformed leader, our Chief of Staff, General John Jumper, who has become my sounding

board, my partner, and my good friend.

Shortly after General Jumper and I began
our partnership, our country was attacked.
Since then, we have adapted the Air Force to
the new nature of warfare while engaging
and defeating our enemies. Together with
our fellow Services, we have enabled freedom in Afghanistan and Iraq and put terrorist foes on the run.

Because of the air and space power you
generate, our nation remains secure.

After discussing the issue with Secretary
Donald Rumsfeld in early Cothoer, I voluntarily submitted my resignation on Nov. 16
for three reasons.

ree reasons

First, it has always been my intention to serve only one term in this office. By announcing my resignation now, this allows sufficient time for a qualified successor to

sufficient time for a qualified successor to be identified and confirmed. Second, my departure early next year will allow the new Secretary to take office while General Jumper remains Chief of Staff, avoiding the disruption that could occur should a new Secretary and Chief

assume office at the same time.

Finally, I hope that my departure at this time will allow Congress and the Air Force to concentrate on vital matters, such as confirmation of senior leaders. I am concerned that many of our major commands and com-batant commands have been left in a state of

batant commands have been left in a state of uncertainty.

Airmen and other warfighters are in combat with our country's enemies — we must have stable leadership in place. You deserve that, and I will do whatever I must to ensure this occurs. I want every member of the United States Air Force to know that I will always remain an Airman. I am proud to have served with you in the world's greatest air and stope force. est air and space force

Although I leave this office, I will con-tinue to do all that I can to advocate and suptinue to do all that I can to advocate and sup-port our Nation's Airmen, and you will always be in my heart. Diane and I wish each of you clear skies, a strong tailwind, and success in all you do.

God bless America and the United States Air Force.

Sheppard Senator

Brig. Gen. James Whitmore, 82nd Training Wing commander

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Think before you drink. Hand your keys to a wingman.



Sheppard **Sports**



Airman shoots for championship

See Page 2B

See Page 2B Vol. 57, No. 46

November 19, 2004 **Sheppard Airman wins powerlifting competition**

Tech sergeant improves squat by more than 20 pounds

By Senior Airman Chris Powell

A Team Sheppard member and several local residents traveled to Austin Nov. 7 to participate

residents traveled to Austin Nov. 7 to participate in the Texas. Cup and Mountaineer Pro Qualifier. Tech Sgt. Steve Peterson, 363rd Training Squadron, and the rest of the local squad brought home five first-place finishes and one second place.

The competition was a qualifier for the professional competition in 2005.

"I improved my squat to 562 pounds, 202 pounds more than in August," Peterson said. "My bench went down to 352 pounds due to being worn out and my deadlift stayed at 551 pounds. Overall, it was a fairly good event."

The other local competitors who participated in the event are Mike Askew, Hal Scholnick, Monte Sparkman, Cody Goode, Michael Einhaus, and Anthony SamMiguel took first in the 165 pound opens, Scholnick took second in the 198 pound opens

Scholinck took second in the 198 pound opens and qualified for the pro competition, Peterson won the 220-pound submaster military class, Goode took first in the 220-pound submaster class, Einhaus won first in the 308-pound junior class and Sparkman won the 308-pound onen and

class and Sparkman won the 30x-pound open and also qualified for the pro competition. Sparkman, who worked at the Madrigal youth center, set two state records in the benchpress with a 518-pound lift and squat with a 777-pound

with a 518-pound IIIt and squar with a 1//-pound lift.
"I have been working out for about six to seven months with my partner at Askew's Gym in Burkburnett." Peterson said. "We are all friends and we went as a team and helped each other out.

"Being in the Air Force teaches teamwork, so it was a perfect situation for me," he added. "I have improved greatly since I started working out at the gym in Burk."

To get ready for competitions and to stay in

To get ready for competitions and to stay in shape, the group trains several times a week.

"We train four days a week with weights, and I do my aerobic training for the Air Force three days a week." Peterson said. "Sometimes I do that on base, and sometimes I do that in town. It keeps me in presty good condition."

While the obvious goal for the team was to place first in their class, there was an underlying

competition between them

competition between them.

"The competition was more between our team nembers and ourselves," Peterson said. "There were other lifters, but we took a pretty big team with a lot of friends for support, but the quality of

the comp. was very good."

Always willing to lift wherever he goes,

Peterson plans to pick up right where he left off here when he PCSs.
"I go to Kunsan, Korea, in early January," he

said "I plan on competing over there because I

said. "I plan on competing over there because I love the sport and will never stop."

Peterson believes it's good for servicemembers to work out off base if they're looking for fellow powerlifters.

"The base gym is convenient for aerobic work-outs, but it is very hard to find people to work out for powerlifting," he said. "It's a good way to show civilians how good Air Force people can do and it makes us look good, since we are strong on those core values

"They are very useful in powerlifting. You got to have integrity to do what you need to," The trave integrity to do what you need to, Peterson said. "Sometimes you put your partners before yourself and go work out, and obviously do the best you can."

Sports Briefing

Sheppard bass anglers

Wanted
The local American Bass
Angler district is looking for
more Team Sheppard members to join.

The ABA, the largest tourna-

ment trail in the world, now offers more than 900 tourna-ments in 105 districts across this country for the weekend

angler.

The ultimate goal for the ABA members is qualifying for the 30th Annual National Championship and take home their share of over \$300,000 is cash and prizes

The ABA is the largest tour-nament trail dedicated to the weekend angler. The organiza-tion was founded in 1975 and was formed for military bass fisherman and called Military Bass Anglers Association or MBAA for short

The next tournaments will be Feb. 20 at Lake Texoma and March 20 at Lake Ray Roberts.

For more information, call Master Sgt. Rob Eckles at 6-8287 or go to www.americanbas-

Winter Skeet and Trap League starts The Winter Skeet and trap League begins Nov. 27.

Teams should be made up of at least four and a maximum of five people to make up a squadron team.

This league will be similar to the Spring League and will last for 12 weeks.

A two-week Christmas break will be observed.

A captain's meeting is at 4:30 p.m. Nov. 26 at the range.

League shooting will begin

the following day.

For more information, e-mail
Dennis Patterson at

DPatte6268@aol.com, or call 6-

Football Frenzy Extra Point

Giveaway

The football Frenzy Extra

Point Giveaway giveaway is
open to all club members who re presently stationed at an Air Education and Training Command Bases.

The last weekend to s

for the program will be Dec. 18 to 20.

The actual drawing will be held at half time during the Patriots and Dolphins game Dec.

The winner will receive more than \$700 worth of National Football League gear. The winner will select his prize at the

club on line.

People can only submit one entry per drawing. The winner does not have to be present to win, but if the winner is present, he will receive a winner's hat



Maj, Katherine Strus sings the national anthem during opening ceremonies at the Washington Redskins vs. Cincinnati Bengals football game here Nov. 14. It was part of a Veterans Day salute to the Air Force. Major Struss is assigned to the Air Force's legislative liaison office at the Pentagon. Also part of the tribute, a U.S. Air Force Honor Guard team

Airmen participate in Veterans Day tribute at Redskins' game

By Staff Sgt. C. Todd Lopez

LANDOVER, Md. - Thousands of sports fans and patriots were entertained here Nov. 14 by the Washington Redskins and Cincinnati Bengals foot-ball teams and the U.S. Air Force. The day's main attraction was the

Redskins' battle against the Bengals, but as part of a tribute to American military veterans, the Air Force participated in the pre-game activities and halftime show in the stadium. Air Force Chief of Staff Gen. John P.

Air Force Chief of Staff Gen. John P. Jumper kicked off Air Force participa-tion at the event by witnessing the pre-game coin toss. Cincinnati won the toss and chose to receive.

Following the coin toss, members of the Air Force Honor Guard from Bolling Air Force Base, D.C., presented

Maj. Katherine Strus, with the Air Force's legislative liaison office at the Pentagon, sang the national anthem before the game. During the last few bars of the anthem, a four-ship formaLangley Air Force Base, Va., performed a flyover.

"Singing for the Washington Redskins on Veterans Day was more incredible than I could have ever imagined," Major Strus said. "It's giving something back to active-duty (Airmen), and a way to say thank you to so many veterans and family members many of which (veterans)

ever came home."
Following the flyover, the aircraft landed Andrews AFB

nearby Andrews AFB
and the pilots traveled to
the stadium. At halftime the pilots and
crew chiefs of the F-15s, along with
General Jumper and his wife, were
introduced to the crowd.

The crew chiefs included Staff Sgts.

Pandall Halton Dannis Wild and Durin

Randall Helton, Dennis Wild and Dustin Ossman, and Senior Airman Avery Johnston. The flyover pilots were Lt.



Photo by Master Sqt. Jim Vaihegyi Air Force Chief of Staff Gen. John P. Jumper (cen-ter left) was on hand for the opening coin toss at the Washington Redskins vs. Cincinnati Bengals football game here Nov. 14. It was part of a Veterans Day salute to the Air Force.

Col. Robert DeStasio, Maj. David Toogood and Capts. Henry Schantz and Jason Stinchcomb.

The pilots and crew were all assigned the 71st Fighter Squadron at Langley. Halftime entertainment was provided the Air Force Band's Singing Sergeants.
The Redskins ultimately lost 17-10.

Interception kills hope for Falcons' comeback

Courtesy of the Air Force Academy News Service

AIR FORCE ACADEMY, Colo. – A driving snow falling and Air Force driving for the winning score, Kirk Morrison came up with the play that ended San Diego State's six-game losing streak.

Kevin O'Connell threw for 232 yards and two touchdowns in frigid weather and Morrison intercepted Shaun Cameys) pass with 13 seconds left, helping the Aztecs end their longest plays given the property of the prope

losing streak in 16 years with a 37-31 victory over Air Force on Saturday.

"The ball came right to me and I was glad I was able to hold onto it," Morrison said. "With the ice and snow, we knew the ball was going to be slippery and we just had to make sure we held onto it."

San Diego State (3-7, 1-5 Mountain West) won its first conference game with a balanced offense _ 323 passing, 224 roshing _ and opportunistic defense.

O comell was I'robe 32 despite steady snowfall, Brandon Bornes ran for 104 yards and two TDs and the Aztecs stuck to their game plan despite the weather to win three straight over Air Force for the first time in school history.

The defense gave up plenty of yards (486), but set up the offense for a decisive, 17-point third quarter with two turnovers and a blocked punt. San Diego State forced six

urnovers in all.

"A hig sigh of relief." San Diego State coach Tom Craft said. "I think it's fitting that our defense was on the field at the end and helped win it for us."

Adam Fitch ran for a career-high 135 yards and two touch downs before getting hurt in the third quarter, but shoddy defense and four fumbles and two interceptions assured Air Force (-46, 2-3) of its first losing season since 1937. Not bad for a team used to playing in balmy weather. "We knew it was going to potabhly have snown flurries and it was going to be cold, and we talked about these things psychologically." Craft said. "The guys did a great job it's something we can draw back on and use in the future."

Air Force, on the other hand, took a little while to get

thing we can draw back on and use in the ruture.

Air Force, on the other hand, took a little while to get armed up.
Fitch's lob pass down the sideline on the game's first play

was intercepted by Heath Farwell and the Falcons didn't have a first down in the first 12 minutes.

a first down in the first 12 minutes.

Air Force finally got rolling when Fitch broke a tackle at the line and took off up the middle for 63-yard touchdown run midway through the second quarter. Air Force moved 67 yards in 12 plays its next drive, capped by Fitch's 4-yard run on an option right.

Adam Cole added a 3-yard touchdown run with 2 minutes left.

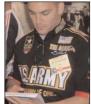


Photo by Maj. Dean Thurmono
Tony "the Sarge" Schumacher
examines a document while taking a break from greeting fans at
the Association of the U.S. Army
annual meeting Oct. 26.

Schumacher sets season record, up for driver of year

By Chris Dorato

Army News Service

POMONA, Calif. – U.S. Army
Top Fuel driver Tony "The Sarge"
Schumacher captured the Auto
Club of Southern California Finals
Nov. 14 at Pomona Raceway and
in the process set the Top Fuel single-season win record.
In Pomona's Power State Company
of the Power State Company
o Year award for the fourth quarter

Fans can vote for Schumacher at www.speedtv.com.

Other nominated drivers

nominated NASCAR's

at www.speedhr.com.
Other nominated drivers include NASCAR's Dale Earnhard Ir. and Jimmie Johnson, along with Sebastien Bourdais of Champ Cars and Tony Kanaan of the Indy Racing League.
The award for this quater will be determined by an 18-member panel of blue-ribbon auto racing journalists and one vote based on the cumulative tally of fars' voting, said Barry Schmoyer of the Speed Channel.
The work of the Speed Channel of th

son. It was also his 21st wm in 44 career final rounds in unbelievable year," he added. "You couldn't have drawn this up any better than the property of the p

Sports

Bowling

For more information, call 6-2170,

Combo bowling held every Thursday Combo bowling will be held every

Thursday at 12:30 p.m. at the south

For more information, call Donna Dobbins at 569-2430 or Vivian Umlah at 560-1610

Rock It Rowl at the north lanes

A glow-in-the-dark Rock It Bowl takes place every Friday and Saturday night from 5 to 11 p.m. at the north

Bowling center birthday parties

lanes.

The north and south bowling centers are available for birthday par-

The cost is \$2 at the north lanes and \$1.50 at the south lanes

The cost is more at the north lanes because it features Glow Bowling.

Feel free to bring your own cake and ice cream, but all drinks and other food must be purchased at the bowling center snack bar.

Community center

For more information, call 6-3866.

Jeet Kune Do classes

There are Jeet Kune Do classes from 2 to 4 p.m. Sundays at the community activity center.

Cost is \$35 per month.

Tang Soo Do classes

There are Tang Soo Do classes from 6:30 to 8 p.m. Mondays and Wednesdays for ages 7 and older, Cost is \$25 for adult members and \$20 for children members.

The cost for children who are nonmembers is \$25.

Call 6-6826 for more information.

Pool tournament

The pool tournament is at 2 p.m. Saturday at the community activity cen-

Trophies will be awarded to first and second-place winners.

Table tennis tournament

The table tennis tournament is at 5 p.m. the second Saturday of every month. Cost is \$2.

Trophies will be awarded to first and second-place winners.

The chess tournament is at 10 a.m. the last Saturday of every month. Trophies will be awarded to first

and second-place winners. Fitness center

For more information, call 6-2972.

Push it to the Max

Push it to the Max is a free program designed to teach people how to do correct push-ups and will improve push-up ability.

The program is from 5:30 to 7 a.m. Tuesdays in the aerobic room at the south fitness center

Air Force cycling program

This program is designed to promote cycling as a life-long recreational activity that supports personal fitness

For more information, contact Tech. Sgt. Moffett at 6-2972.

Spinning at the south fitness

Spinning classes are at 5 p.m. weekdays at the south fitness center.

Aerobicenter offers classes

The aerobicenter, located in the main fitness center, offers coed aero-

bics classes seven days a week.

Abdominal class Monday, Wednesday and

Friday at 11 a.m.

Cardio blast Monday at 7:15 a.m.

Step aerobics Tuesday and Thursday at 5:15 a.m.

Body pump Monday and Wednesday at 6 p.m. Tuesday and Thursday at 9:15 a.m.

Thursday and Saturday at 11:30 a.m.

Yoga and pilates Monday, Wednesday and Friday

at 10:15 a.m. Wednesday at 5 p.m. Thursday at 6 p.m. Saturday at 3 p.m. Sunday at 4 p.m.

Basic step Monday, Wednesday and

Friday at 7 p.m. Sunday at 2 p.m.

Kickboxing Tuesday and Thursday

Outdoor recreation

For more information, call 6-4141. Wild hog hunt

The wild hog hunt is from 7:30 a.m. to 7 p.m. Dec. 11. People who wish to participate, must RSVP by Nov. 29. Cost is \$175 per person which includes

transportation to and from the hunting location, drinks and a guide for the hunt. Hunters are required to sign a waiver at outdoor recreation. Hunters must furnish their own rifle and hunting license.

TOPS

For more information, call \$55,4308

TOPS class

There is a Taking Off Pounds Sensibly class at 6 p.m. Thursdays in Bldg. 962.

Youth center

For more information, call 6-5395.

Fit For Fun 2004

The Fit for Fun 2004 program is designed to get children to participate in a more active lifestyle through rewards and recognition.

The program is every day for 9 to 18 year olds at the Madrigal youth center.

229-mile run honors Marine Corps birthday

Story by Pfc. Lukas J. Blom MCAS Iwakuni

MARINE CORPS AIR STATION IWAKUNI, Japan - Mile one, Nov. 10, 1775, the leatherneck is born in Tun Tavern. Mile 137, 1912 Alfred A. Cunningham introduces aviation to the Marine Corps which adds a whole new dimension to it's war fighting prowess. Mile 229, present day Marines in Iraq and Afghanistan fight courageously for the war on terror.

Marines from Marine Aviation Logistics Squadron 12 began the 229-mile Marine Corps birthday run, Nov. 9, to commemorate each of the Corps' 229 decorated years as the best fighting force in the world. They completed their 2nd annual Marine Corps birthday run that was 229 years in the making Nov. 10.

"We wanted to bring camaraderie and focus to what it means to be part of this Corps," said Sgt. Maj. Devell Durham Jr., MALS-12 sergeant major. "We want people to remember the significance of being a U.S. Marine.'

The run kicked off at 7:30 a.m. at the north side football field. The oldest Marine in the squadron, Master Gunnery Sgt. Allen Dedmon, MALS-12 avionics chief, born in 1956, ran the first mile carrying the squadron and Marine Corps colors.

The first 225 miles of the run were run in onemile lengths by individual Marines from the squadron who volunteered prior to the event, said

Durham. The runners kept a consistent eight minute mile pace.

"When we put the run roster up for volunteers to sign up, all 224 slots were taken in less than 15 minutes," said Durham.

The youngest Marine in the Squadron, PFC Michael A. Teague, MALS-12 maintenance administration clerk born in 1986, completed the 226th mile at 1:14 p.m.

Out of the 738 service members with MALS-12, 580 were able to participate in the annual event, said Durham. Some of the absent service members are currently serving with the 31st Marine Expeditionary Unit in Iraq.

"We want Marines to realize what's happening in the real world," said Durham. "We're going up against the enemy in Iraq and doing great things. This is about every Marine and Sailor and remembering what they are doing at this hour."

The run was started one year ago by the Marauders to begin a birthday tradition where they can continue to better themselves, said

"We had nothing that brought the focus to the birthday," said Durham. "So we came together as Marauders and everyone touched the colors to signify esprit de corps and what we represent as a unit. The standard will be raised every year."

"We are professionals at what we do in procuring and delivering aircraft components," said Capt. Luis E. Ortiz, MALS-12 executive officer.





Marine Aviation Logistics Squadron 12 runs down the home stretch of the 229-mile journey.

"Sometimes you have to be well rounded in all aspects to complete your mission.

An event like this commemorates what we've done and exemplifies how we're well rounded Marines. This shows what we do beyond repairing aircraft parts."

With the 229th birthday run complete, the Marines of MALS-12 look forward to another year in the Marine Corps and new goals to accom-

"Whatever our job is, we're Marines first," said Durham

Airman shoots for championship

By Navy Seaman Ted Green U.S. Strategic Command Public Affairs

OFFLITT AIR FORCE BASE, Neb. (AFPN) - You are in the bathtub. You hear a sound. Suddenly you jump up and run to the nightstand. There you grab your pistol and immediately begin firing.

Does this sound like a scene out of a crime drama, or a night at home gone very wrong? No. It is just another day at the range for Mai, Roger Sherman,

Major Sherman, a space operations officer in the U.S. Strategic Command's global operations directorate, has captured the title of top military shooter in the production division for stock handguns at the U.S. Practical Shooting Association National Championships for the past two vears. But the title is only a stepping stone to what Major Sherman said he hones to accomplish next -- the title of World Champion Practical Shooter

The major, who has been competing in the sport for more than four years, said he hopes to compete on the U.S. team in the World Championship XIV in Guayaquil, Ecuador, from Sept. 21 to 28. The four-person team is selected from the best competitors in the country to represent the United States in the championship, which takes place every three years.



LLS. Navy photo by Seaman Ted Green Mai. Roger Sherman takes aim at his target through obstacles set up at the Eastern Nebraska Gun Club. He creates drills to prepare himself for a practical pistol competition. Major Sherman is a two-time national military champion at the U.S. Practical Shooters Association Handgun Nationals, He is assigned to U.S. Strategic Command's global operations directorate at Offutt Air Force Base, Neb.

I've been focusing only on [the production division] to try to make the U.S. team." Major Sherman said. "[In] the production division, you're supposed to just buy a gun at your local gun shop, a holster, magazines and ammo, and you can participate.'

Practical shooting is a situational-based action-shooting

"Last year, and this year, event where competitors engage targets in a scenario of the course designer's choosing. The course is never the same, and that is what Major Sherman said he loves about the sport. "I've tried very little with the

other shooting disciplines. It's just a little too boring. This sport is just more athletically inclined. It's sort of like soccer with handguns," he said.

Be safe, be smart. Don't drink and drive.